

## Qualifications and Training

- BSc (Hons.) in psychology
- MA client-centred psychotherapy
- Post graduate certificate in transactional analysis
- Undergoing doctorate by professional studies
- Regular attendance at workshops, training in other disciplines and areas such as;
  - Gestalt psychotherapy.
  - Cognitive behaviour therapy .
  - Brief solution focused therapy.
  - Eating disorders

## Previous Work Experience

- Experience of working with;
  - Adult men and women of all ages.
  - Clients with a diverse range of difficulties.
  - A number of different psycho-therapeutic approaches.
  - Working in a variety of settings, private practice, in-patients

## What other people have said about me...

*“(patient) stated that the current input that he is receiving from Jo Ringrose is the best he has ever had..”*

Dr Anand Abraham, Newsam Centre, Leeds.

*“You have helped me to talk about my past, given me ways of dealing with unpleasantness in the present and even given me hope for the future...I would even go as far to say you have kept me alive..”*

Client, Harrogate College of Arts and Technology.

*(patient) stated “he was getting a great deal of benefit from his contact with Jo Ringrose, our psychotherapist... I am very pleased with his progress..”*

Dr J.B. Frazer, Consultant Psychiatrist, Leeds.

*“You made me feel at ease, you made me feel you understood where I am in my life and what I'd gone through”.* In-patient, Forensic services, Newsam centre, Leeds.

*‘Dr Morgan stated that Jo made a substantial contribution not only to individual patient care but also to the ward ambience. She operated according to the highest standards.’*

Consultant Psychiatrist, Yorks. Centre for Eating Disorders, Leeds.

*“It helped talking through what wasn't allowing me to sleep (and) helped me to sleep. I don't feel stupid about dissociating anymore either”.*

In-patient, Forensic services, Newsam Centre, Leeds.

*“I was so dead for so long but I feel I'm slowly becoming alive and I'm truly privileged to have had you as my teacher. You truly understood and radiated so much light truth, insight and peace to me. You have helped a lot of people in here and I hope you know the magic and value of your ways.. Thank you.”*

In-patient, Yorkshire Centre for Eating Disorders, Leeds.

# Karuna

## Counselling & Psychotherapy

*“Compassion, tenderness,  
and devoted action to  
alleviate suffering”.*

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## *Counselling and Therapy*

I offer individual counselling and psychotherapy to people with a range of emotional and psychological issues relating to..

- Trauma
- Abuse
- Bereavement
- Relationship problems
- Problems associated with sexuality or gender.
- Eating difficulties
- Self esteem
- Personal development struggles
- Difficulties in managing life transitions
- Nightmares

As well as working with people with a variety of diagnoses..

- Anxiety disorder
- Panic disorder
- Depression
- Obsessive compulsive disorder
- Post traumatic stress disorder
- Dissociative identity disorder

I have specialist interests in working with people with..

- Anorexia, bulimia and eating disorders not otherwise specified (EDNOS)
- Obesity

## *Therapy*

- Is informed from a humanistic philosophy.
- Takes a client-centred approach.
- Is based on collaborative working.
- Typically occurs weekly but is negotiable dependent upon need.
- Sessions last a full hour.
- May include a report writing service for clients and / or referrers (assessment, mid-therapy and ending).
- Has the flexibility to include accompanying clients to a number of venues to offer on hand support to facilitate task accomplishment.
- Offers telephone or e-mail support in-between sessions.

## *Fees*

- Free one hour consultation / preliminary assessment.
- Following assessment my fees are negotiable and partly based on your ability to pay. I also offer concessions for students, pensioners and people on low income.

## *Code of Ethics*

- Registered clinical member of the United Kingdom Council for Psychotherapy (UKCP)
- Indemnity insurance.
- Checked by the Criminal Research Bureau July 2006.
- Supervised practice.
- Confidential note and record keeping.
- Therapist–client contract clarifying;
  - The professional therapeutic relationship.
  - Client confidentiality and its limitations.
  - My terms, conditions and methods of practice.
  - My stance on research and publication.